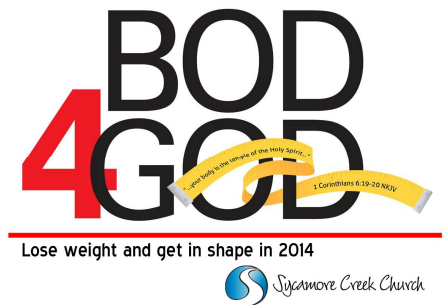


Bod4God Groups - Join a Bunch of Losers!

Tired of endless weight-loss plans and endless years of trying to get the numbers on that scale to start moving downward? Weary of trying to find the motivation to live a healthy lifestyle? You've come to the right place. During February Sycamore Creek Church will be helping you find the right D.I.E.T. – Dedication, Inspiration, Eating & Exercising, and Teamwork. What have you got to lose? Weight! What have you got to gain? A Bod4God!



Participants in the any group are eligible for:

- Original Okinawan Karate in Holt: FREE month for any adult or child or 12-weeks for a REDUCED price of \$100 (includes uniform!).
- YMCA: Waived Enrolment Fee (Usually \$49!) and REDUCED monthly fee of \$37 (usually \$52!) for primary adult, \$22 each additional adult, and \$13 for all your kids.

Sign-up on the Connection Card in worship or email the group leader!

Pick up a book for \$15 in the Connection Café on Sunday or at the diner on Monday.

#1. Challenge Group (Biggest Loser-like Competition & Health Campaign)

Sundays at 11:00 AM – 12:15 PM

Come worship at 9:30, drop your kids at Bod4God4Kids and then hang out for the Challenge Group during the second service while your kids go to Kids Creek! Videos each week with health experts, weigh ins, and team support time.

Amanda Shoemaker, MD and Amy Kremkow, LCS

(shoemakermd@gmail.com) (akremkow418@yahoo.com)

#2. Bod4God4Kids

Sundays at 9:30 AM @ Lansing Christian School (during worship)

Julie Soltis (juliesoltis@sycamorecreekchurch.org)

Activity Groups (Anyone)

#3. Running – Thursdays at 7:00 PM @ Hawk Island Park, Jon Rennhack (Remnhac2@msu.edu)

#4. Indoor Walking – Fridays at 9:30 AM @ Meridian Mall Playground
(Kids welcome, bring a stroller!) Tom Arthur (tomarthur@sycamorecreekchurch.org)

#5. Run/Walk – Saturdays at 9 AM @ Hawk Island Park, Emily Vliek (ekvliek@gmail.com)

#6. 5K – Autism Acceptance 5K, April 26 (www.autism-mi.org/Events/5KRun.aspx)

#7. Bike Bonanza on the River Trail – Saturday, May 3 at 1PM @ Maguire Park
Tabitha Martin (humdeelah@yahoo.com)

Young Adults

#8. Friday @ 2:30PM @ Holt Biggby, Justin Kring (kringjustin@gmail.com)

Seniors and Special Dietary Needs

#9. Mondays at 5:30 PM @ Jackie's Diner (*Healthy menu options available!*)
Bev Sadilek (bsad1@sbcglobal.net) & Terri Horn (4cats4283@sbcglobal.net)

Anyone

#10. Fridays at 12:00 PM @ Sparrow – St. Lawrence Campus Cafeteria
Amy Kremkow (akremkow418@yahoo.com)

#20. Fridays at 11:30AM Lunch @ Farm Bureau Insurance on 7373 West Saginaw
Mary Ziegler (mziegle@binsmi.com)

#11. Agnostic Pub Group 1st and 3rd Thursdays at 8PM @ Pizza House
Discussing *The Healing Power of Faith: How Belief and Prayer Can Help You Triumph Over Disease* by
Harold Koenig and Malcolm McConnell
Tom Arthur (tomarthur@sycamorecreekchurch.org) & Bill Vliek (billvliek@gmail.com)

Men

#12. Every other Wednesday at 7:00 AM @ Original Okinawa Karate in Holt
Mark Aupperlee (m_aupperlee@hotmail.com)

#13. Mondays at 6:00 PM @ The Avenue Café (Michigan St.)
Kevin Biesbrock (kbiesbrock@gmail.com)

#14. Every other Thursday at 7:00 PM @ a Holt Home
Mark Aupperlee (m_aupperlee@hotmail.com)

#15. Every other Thursday at 7:00 PM @ a Holt Home
Bob Trout (troutrob@juno.com)

Women

#16. 2nd & 4th Wednesdays at 7:00 PM @ a Holt Home
Barb Flory (barbflory@gmail.com)

#17. Wednesdays at 7:00 PM @ Fazoli's (S. Cedar)
Tabitha Martin (humdeelah@yahoo.com)

#18. Knitting – 1st and 3rd Mondays at 6:00 PM @ SCC Office
Tammie Oates (tammie@toates.net) and
Alice McKinstry (alicecleansweep@comcast.net)

Couples

#19. Select Sundays @ a Holt Home, John & Teresa Miller (rbkids@yahoo.com)

Dads

#21. Dad Kid Night Out – 2nd Tuesdays @ 5:30-7:30 PM
Jeremy Kratky (jeremykratky@sycamorecreekchurch.org)
February – Hawk Island Sledding • March – Extreme Fun @ Meridian Mall • April – Potter Park Zoo